



## GRIMES PARKS & RECREATION VOLLEYBALL COACHES MEETING AGENDA

Monday, August 10, 2015  
At 5:30 P.M.  
Grimes Community Complex Gym

### **I. General Agenda Items:**

1. Check-In
2. Introduction of Program Structure- Sundays practices/games, 4th year
3. Equipment Used-
  - VolleyLite Balls- lighter version of "real" volleyballs
  - Beach Balls for younger kids?
  - Red Program Tshirts- all the same
  - Shoes- clean, dry tennis shoes
  - Shorts for better movement/Knee pads optional
4. Coaching Job Description- review and verbally agree
5. Practice Plans- skills and drills
6. Game Rules- coaches give input and discuss as needed
7. Subs- rotate in as needed making sure everyone plays equal amount of time.
8. Official Schedules/Rosters are Online at [www.grimesiowa.gov](http://www.grimesiowa.gov).
9. First Aid/Other Questions
10. Fill out Volunteer Criminal Background Check